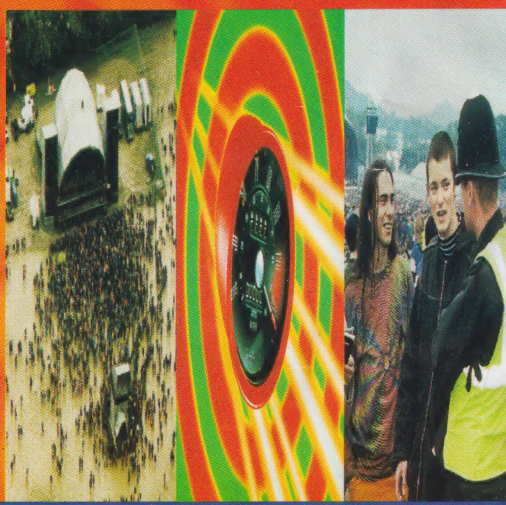
Glastonbury 99

festival survival guide



AVON & SOMERSET CONSTABULARY

HEALTH EDUCATION AUTHORITY

SOMERSET HEALTH AUTHORITY

AVON Probation SERVICE

Welcome

We are delighted to welcome you to yet another festival which we hope will be an enjoyable and peaceful occasion.

Sometimes a small minority set out to spoil your fun. So look after your property, yourself and your friends. We are there if you need us. Tell us what we need to know but most of all enjoy yourselves.

Avon & Somerset Constabulary

Respect for Festival Goers Helps make Glastonbury enjoyable

Don't spoil other people's Festival with anti-social behaviour

Any anti-social or illegal behaviour is **unacceptable**

Any person acting in such a manner will be ejected from the Festival site

Re-admission will be refused

Look after your friends
Look after yourself, respect others
And enjoy the Festival

The above statement is supported by the Festival organisers

Thanks

The Glastonbury Survival Guide and Pack has been produced in joint partnership with the following organisations:

Avon & Somerset Constabulary
Festival Organisers
Health Education Authority
Mendip District Council
Somerset Health Authority

The Survival Pack has been packed by People on Community Service with the Avon Probation Service.

For further up-to-date Festival Information and Advice tune into Radio Avalon 87.7 FM, your Festival Station *and* pick up your FREE copy of Select Daily from any of the information points on each day of the festival.

Printed on environmentally friendly paper from managed forests

Arrived by car – have you taken precautions?

Reading the following information and acting upon it could save you money, time, grief, stress and help you to have a great festival by not becoming a victim of car crime.

Remember your car is like a shop window to thieves. If YOU can see any property so can the car criminal.

Checklist

- Most cars are broken into because thieves can see what they want, so put everything out of sight (including food and drink) or use the FREE SECURITY LOCK-UPS on site.
- Don't be tempted to leave cheque books, credit cards and mobile phones etc. in your glove box. Empty it and leave it open.
- Lock all doors, the boot and close all windows.
- If you have security devices - make sure they are used/switched on.
- Got a removable radio cassette? It's better that you remove it, so put it out of sight.
- Sets of car keys are often lost at the festival so, attach your National Drugs Helpline security tag (found in the survival kit) to your keys.
- If you've got a spare set of keys then gve them to a friend for safe keeping.
- If you lose your keys - check FOUND PROPERTY first (Wagon Shed) next to Worthy Farm.
- Check your vehicle lights are switched off and avoid getting a flat battery.
- Please put it out of sight now before it's too late.

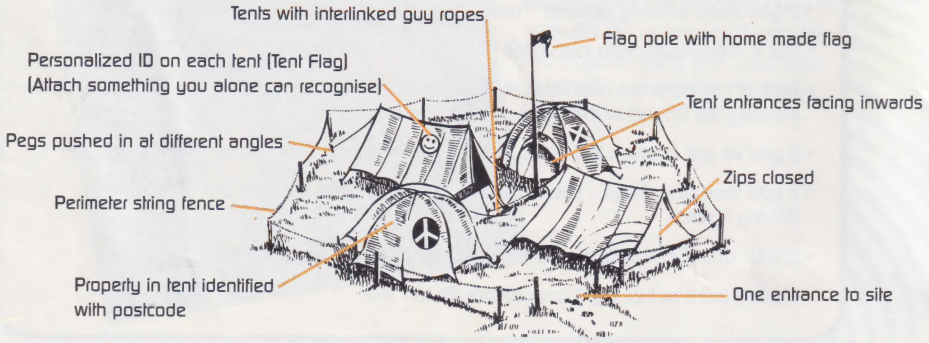
Your tent is not secure — and at risk

The Glastonbury Festival provides thousands of people with three days of entertainment and enjoyment. However, while you are enjoying the music it is easy to forget that there are those who attend simply to bring misery to others by stealing property from tents. The following advice is based on real experiences from previous festivals. You can make a difference.

- Get to know the people camping around you, agree to keep an eye on each others tents and property.
- Help those who are there to help you. If you see anything suspicious, such as people hanging about or entering tents, contact the Police or Festival Security STRAIGHT AWAY.
- Mark your property with your postcode followed by your house number. Don't forget to pick up your free Tent Security Kit from any of the Information Points or Campsite Warden.
- Keep your medication with you or put it in the free security Lock Ups for safe keeping.
- Tent burglars sneak into tents at night and remove jeans and shoes because that is where money is often left. Be more inventive when hiding your valuables and spread them around.
- Don't think you will always hear the tent burglar come into your tent because you won't. Under your pillow is not a safe place.
- There are 24 hour property lock ups around the site. They also sell cheap loo rolls and give free soap.

Try to take the following precautions — it will help

Tent Site


Tents with interlinked guy ropes
Flag pole with home made flag
Personalized ID on each tent (Tent Flag)
(Attach something you alone can recognise)
Tent entrances facing inwards
Pegs pushed in at different angles
Zips closed
Perimeter string fence
Property in tent identified with postcode
One entrance to site

Looking after yourself

- Don't tell people you are camping on your own. Camp near other people.
- If you see someone in your tent don't challenge them – you could get hurt. Get help from the security or the police and remember a brief description of the offender. Ask someone to keep an eye on them until the appropriate help arrives.
- If you wake to find a stranger in your tent only you can decide how best to handle the situation. You may wish to pretend you are asleep and hope they will leave or make a noise and call out for help. It's up to you to assess the situation.
- If you become a victim of crime then please report it to the police. Remember they are there to help you.
- Don't put all your cash in one place, spread it around your person.
- If your bag if grabbed, let it go, if you hold on you could get hurt.

Remember safety is more important than property. (It can always be replaced).

Looking after your children

Tell your child:

- not to talk to anyone they don't know when they're out, or to wander away from you.
- never go anywhere with anyone without first telling you or the grown-up in charge of them.
- to tell you if someone approaches them. Reassure them that nothing bad will happen if they tell you.
- what to do if they get lost. Tell them to go to a Police Officer, Information Point, stall holder or someone who has young children with them.

Never leave children in an unsupervised play area. There is a supervised play area on site and you can ask at the Information Point for details or see map in centre pages.

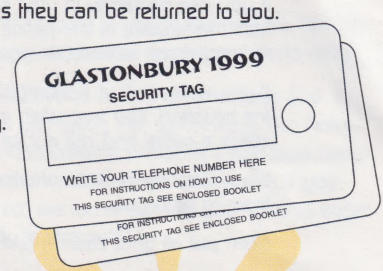
Never ask strangers to "keep an eye" on your children.

Tell children where you are camped and remember what they were wearing. Should they get lost, a description can be given out on the Radio Network.

If your child is lost they will be taken to the Lost Children's Point which is at the top of the KIDZ Field until 8.00 pm. They will then be taken to the Welfare Unit at the Wagon Shed alongside Worthy Farm.

Survivor Kit Security Tag

Every year at Glastonbury Festival many bunches of keys are lost. Within your Survival Kit is a National Drugs Helpline plastic security tag with a hole in it. This tag is designed to fit onto your key ring so if you lose your keys they can be returned to you.


GLASTONBURY 1999
SECURITY TAG
WRITE YOUR TELEPHONE NUMBER HERE
FOR INSTRUCTIONS ON HOW TO USE
THIS SECURITY TAG SEE ENCLOSED BOOKLET

Instructions

1. Write a contact telephone number on the tag.
2. Attach tag to your key ring using the hole.

If you lose your keys

1. Check in all the usual places first.
2. If you cannot find them go to Found Property in the Wagon Shed next to Worthy Farm. Many keys are handed in. If you find any keys please take them to Found Property.

Returning found keys after the festival

1. If the keys are not claimed during the festival then the organisers will telephone the contact telephone number on the tag.
2. The caller will require you to provide them with an address to send these keys to.

Important

It is impossible to check if a caller is a genuine caller. With this in mind, DO NOT give the address where the keys will fit. Give a business or friends address.

You may be asked to send a SAE for the return of these keys.

What to do if you become a Victim of Crime....

If you have had any property stolen (including clothes) then check where it has been stolen from. Thieves are often looking for cash and they will search through property and discard it when it has been searched.

Check at Found Property which is at the Wagon Shed next to Worthy Farm as it may have been handed in.

If it's not there then you need to go to the Police Office (next to Worthy Farm on the top of the hill) and make an official report. You will be given a Crime Reference Number and this number will be essential if you intend to make an insurance claim when you get home.

The police will ask where the crime happened. Try to pinpoint a landmark so it can be recorded accurately.

It is very important to report all crime even if you think nothing can be done.

Help us to Help You!

Top Tips for a trouble free festival

. . . from your Local Environmental Health Officer

Tummy Bugs

The last thing you want before, during and after the Festival is a dose of the squits. So if you want to stay happy, hip and healthy follow these simple tips:-

Toilets

Before use go prepared – drop in at one of the property lock ups to pick up your it beats using your

Always use the proper toilets. Rumour has it you can be done for indecent exposure if you're caught with your pants down in the hedge, besides which it isn't very pleasant for other festival goers or particularly good for the environment.

After – WASH YOUR HANDS!!! It is important and is the most effective way of reducing the wild life on your hands. Soap is available at the wash hand basins.

TAPS

Fresh drinking water is available from taps throughout the site. You need to ensure you drink plenty especially if it is or you have been make sure you don't get dehydrated. Do not hog the taps.

Containers used for storing drinking water must be clean.

Tucking-In

There is a fabulous range of foods on offer at Glastonbury – you certainly won't get this much choice anywhere else in Somerset so make the most of it. Local Environmental Health Officers are checking out all the authorised stall holders to ensure they are up to standard and chucking off any not up to scratch, so enjoy.

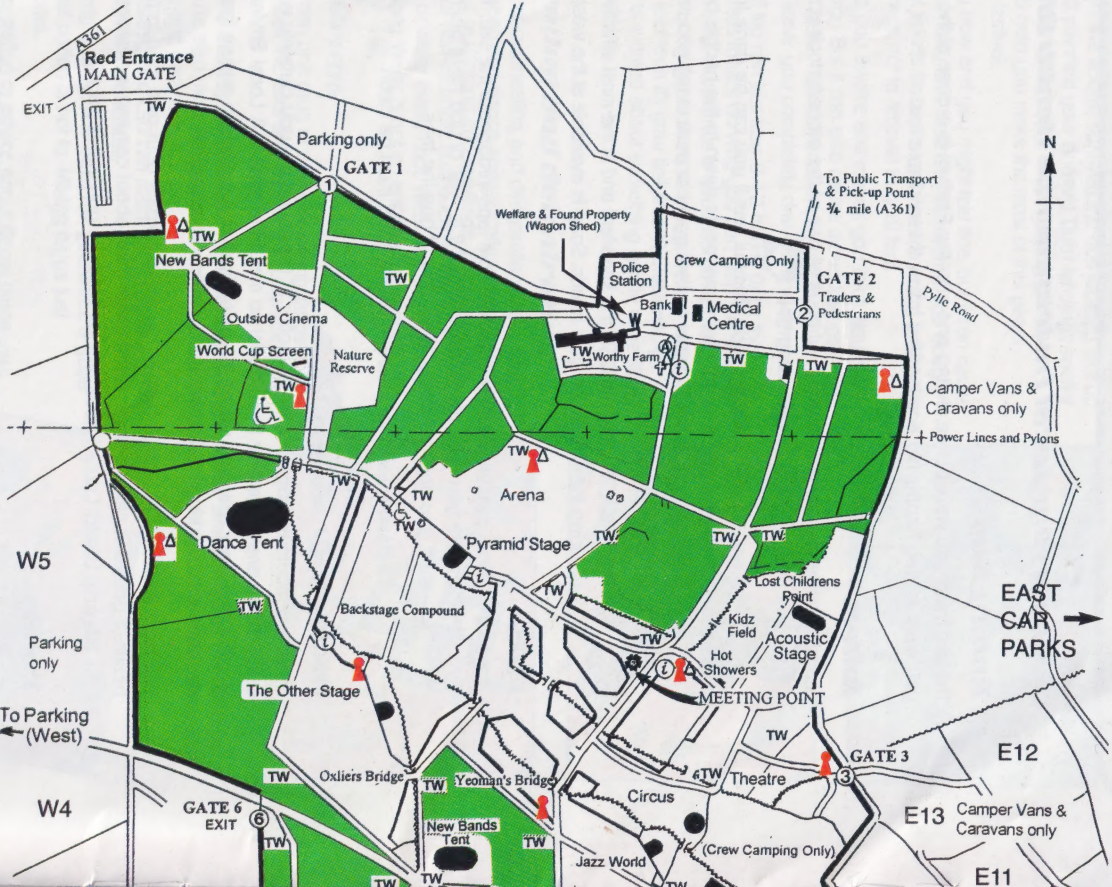
You must WASH YOUR HANDS before you eat or prepare your own food to protect your health. If you can't get to a wash hand basin think about carrying wet wipes around with you. (Mendip District Council have provided one for you in this pack).

Tents

Your tent is not a good place to store food. Tins, bread, biscuits etc should be fine, but avoid at all costs any meat, cheese, milk, cream cakes and salads unless you're bringing along with the kitchen sink.

Have a great Festival and don't get sick!!!

GLASTONBURY 1999



KEY

Information, Programmes, Telephones		W	Welfare
TW	Toilets/Water	Δ	Campsite Wardens Base
First Aid			Property Lock-ups
3	Pedestrian Entrances numbered 1 to 6	A	Radio Avalon
	Market Areas		Camping Areas

AVON & SOMERSET CONSTABULARY

NATIONAL AIDS HELPLINE
0800 567 123

MENDIP DISTRICT COUNCIL

Drink Line
0800 9178282

SOMERSET HEALTH AUTHORITY

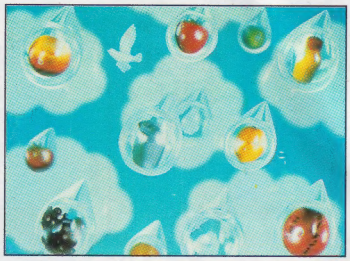
national drugs helpline
0800 77 66 00

HEALTH EDUCATION AUTHORITY

AVON Probation SERVICE

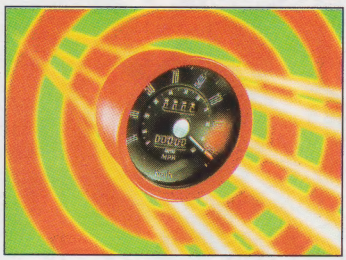
Drugs

You've bought the tickets, survived the bus journey, put up your tent and planned your itinerary. Don't let drugs spoil it for you, your friends or family. Here's some important information to help you make the most of this year's Glastonbury festival.



Take **ecstasy** now and you might feel fine, but it can cause depression, anxiety and tiredness afterwards. You bought those festival tickets because you want to enjoy the bands and atmosphere, not to recover in your tent.

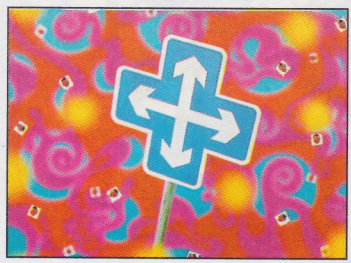
Speed keeps you awake and makes you think you have loads of energy. But it can also cause mood swings, irritability and panic. The comedown can last for up to a week. It can leave you completely drained and depressed.



An **LSD** (acid) trip can last from 8-12 hours. Once the experience starts there's no way you can stop it and whilst some people may experience a good trip others may become tense, panicky or paranoid. If you're in a strange environment (perhaps it's your first time at Glastonbury), you're upset or worried about something you're more likely to have a bad trip.

Overheating and dehydrating

There's a risk of overheating and dehydration, if you use ecstasy or speed and dance energetically without taking regular breaks or drinking enough fluids. You should sip about a pint of non-alcoholic fluid such as fruit juice, isotonic sports drinks or water every hour. Wear loose clothes and chill out regularly. Water is not an antidote to ecstasy.

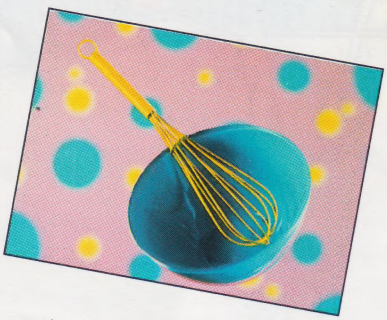


Mixing Drugs

Taking more than one drug at a time or mixing drugs with alcohol increases the risks and can lead to unpredictable effects.

Both speed and ecstasy increase your heart beat, by mixing them the strain on your heat could be too much, You're also more likely to overheat and dehydrate. Taking both speed and LSD can cause hallucinations and paranoia.

Using both ecstasy and LSD can make a bad trip worse and a come down more difficult.



Taking any drug is risky, and does not guarantee a good time. The safest option is not to. Mixing drugs just increases the risk.

For further information or advice about illegal drugs you can contact the National Drugs Helpline on 0800 77 66 00. This free, confidential service is available 24 hours a day, seven days a week.

The law

Don't let your festival enjoyment be dampened by arrest and prosecution. Substances controlled under the Misuse of Drugs Act 1971 such as ecstasy, heroin, speed and cannabis are illegal. Carrying what you consider a small amount for personal use could, under the law be interpreted as possession with intent to supply and carry high penalties. For example, possession of ecstasy (a class A drug) carries a maximum prison sentence of seven years and/or a fine. Although you may think it unlikely supply of ecstasy can mean life imprisonment.

Even a formal caution for cannabis (which stays on your record for five years) can affect your relationship with your employer, college or university, now and in the future.

What to do in an emergency

Drugs affect everyone differently. The effects can depend on the amount taken, the user's mood and their surroundings. Sometimes people suffer a bad reaction. It's important to know what to do if you, or a friend, become ill after taking a drug or drinking too much alcohol.

If you need medical help at Glastonbury, the medical centre is based near the farmhouse and just off the Other Stage field. In any emergency you can also seek help from a steward, security officer, police officer or any of the information points.

Cannabis, ecstasy, LSD, magic mushrooms and speed (amphetamines) can sometimes make the user feel TENSE AND PANICKY. If this happens to someone:

- Calm them and be reassuring.
- Explain that the feelings will pass.
- Steer them clear of crowds, noisy music and bright lights.
- If they start breathing very quickly, calm them down and encourage them to take long, slow breaths.

Ecstasy and speed affect the body's temperature control, which can lead to overheating and dehydration. Warning signs include cramps, fainting, headache or sudden tiredness. If someone gets TOO HOT AND DEHYDRATES:

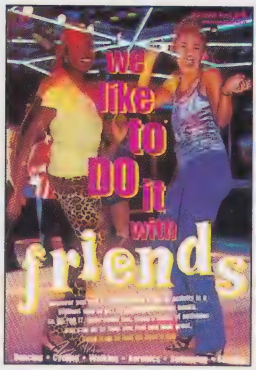
- Move them to a cooler, quiet area (outside is often best, but not in the sun).
- Remove excess clothing and try to cool them down.
- Encourage them to sip non-alcoholic fluids such as fruit juice and isotonic sports drinks.
- If symptoms persist, call an ambulance, but make sure that someone stays with them.

Drinking too much alcohol can lead to someone becoming UNCONSCIOUS. Many drugs can also cause unconsciousness. If this happens to someone:

- Call an ambulance.
- Place them in the recovery position so they won't vomit.
- Check their breathing. Be prepared to do mouth-to-mouth resuscitation.
- Keep them warm, but not too hot. However, if someone has taken ecstasy and you think they may have overheated, move them to a cooler area and remove any excess clothing such as a hat.

If you call an ambulance and you know what drugs have been taken, tell the ambulance crew. If you find drugs but you're not sure what they are, give them to the crew. This might save a life.

Feel good, look good – get active for life



If you like the idea of keeping in shape, but hate the idea of going to the gym every week, then here's some good news:

Getting active doesn't have to involve lycra leotards and pumping iron, unless you enjoy that sort of thing. The **Active for Life** campaign is encouraging everyone – and particularly young women – be more active as part of daily life. If you choose activities which are fun and fit into your work or social life, you're more likely to stick with it.

And the really good news is that if you build up to **half an hour a day** of any moderate level activity – like **dancing** at music festivals, **cycling** to work or taking a **brisk walk** to the shops – you'll feel good and look great.

Being active every day can give you a real sense of achievement and reduce your stress levels. It also reduces your risk of heart disease and other serious conditions as you get older.

Just build up to half an hour a day of any activity you enjoy.

We asked some celebrities to reveal how they keep in shape:

Saffron from Republica says: "I trained as a dancer, so I try to do stretches every day which relieves the aches and pains I get when I'm travelling (and that's quite a lot of the time!) I find swimming the best form of exercise as it gives me half an hour of peace, quiet and aerobic exercise!"

Shaznay Lewis, All Saints star says: "I love getting sweaty in the gym but not everyone's like me. Just lately I haven't had time to gym it, but rushing around trying to keep up with my schedule and the gruelling dance routines make up for it! The best advice is to find something that fits in with your lifestyle."

For more information visit the Active for Life website: **www.active.org.uk**

ACTIVE **for LIFE** is a Health Education Authority Campaign.

Before you rock, roll.

Planning for Glastonbury isn't easy. Combats or cargo pants? Which t-shirts to pack? Which trainers to wear? Coach? Train? Hitch? Tent? Torch? Tickets? You're bound to leave something behind.

But even if you forget the bog roll you'll be glad you remembered the condoms because, whether it's the bands, the booze, the sun (with any luck) or just the vibe, romance can happen fast at festivals.

Obviously you don't have to have sex, but in case you decide to, bear these in mind:

- Be they fresh or fried, you can't tell if someone has a sexually transmitted infection just by looking
- Carry a condom with you – it doesn't mean you're looking for sex, just that you're planning ahead in case.
- Always use a condom with the CE mark or CE and British Kitemark to protect against sexual infections and unwanted pregnancy, even if you already use another type of contraception
- If something goes wrong with your contraception, women can start taking emergency contraception (the morning after pill) any time up to 72 hours after sex, though it is most effective within the first 24 hours
- Use stronger condoms and plenty of lubricant to prevent a condom tearing if you have anal sex

For advice or medical assistance on site, visit the Medical Centre which is based near the farmhouse – you can get condoms from the nearby information point.

For further information about sexual health, or to find details of clinics throughout the UK, visit the Lovelife website at **www.lovelife.hea.org.uk** or call the National AIDS Helpline, free and confidential, on 0800 567 123

Somerset Health Authority – Contraceptive & Sexual Health Helpline: 0845 6010068

Competition:

We have 100 men's and 100 women's Lovelife t-shirts for the first 200 festival goers that send their name and address on a postcard to: Jon Cope, Press Office, HEA, Trevelyan House, 30 Great Peter Street, London SW1P 2HW. Closing date: 30 June 1999. Please state your size and whether you want a men's or a women's t-shirt.
Competition only open to UK residents.

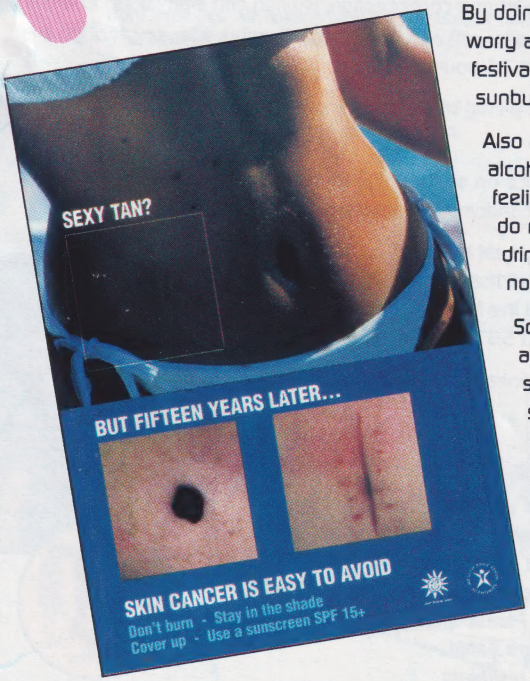
Don't fry at the festival

You are lying by your tent listening to the music drifting around the site, stripped off to your smalls and basking in the midday sun – sounds like the perfect way to enjoy the Glastonbury Festival doesn't it?

But for anyone who has ever experienced the pain of sunburn you will appreciate the need to enjoy that time in the sun safely. This also applies to those of you who tan easily as by exposing yourself to the sun's rays you are putting yourself at risk of early wrinkles and at worst skin cancer. Skin cancer is now the fastest growing cancer in Britain and affects more than 40,000 people a year. Protecting yourself in the sun doesn't have to ruin your weekend all you have to do is take a few simple precautions.

The Health Education Authority's Sun Safety Code recommends that all you need to do is:

- Seek shade around midday
- Cover up with loose clothing
- Wear a wide brimmed hat
- Use a Factor 15+ sunscreen and re-apply regularly.



By doing this you can enjoy the sun but not worry about spending the duration of the festival sitting in your tent nursing sunburnt skin.

Also remember to take care when drinking alcohol in the sun as this can lead to you feeling dehydrated. Make sure that you do not fall asleep in direct sunlight after drinking and drink plenty of water or non-alcoholic drinks.

So remember, for a safe sun weekend, all you will need is at least one long sleeved top, a hat and factor 15+ sunscreen along with your other festival essentials

Getting drunk. A laughing matter?

Think about drink

Every year thousands of people wind up in casualty through drinking too much. Many have acute alcohol poisoning. Some have mixed drink and drugs.

Drink affects the way you think and the things you do. Too much and you might think at the time that your friends are laughing with you . . . nope, they're laughing at you.

Give your body a break between sessions.

Too much drink? Think

www.wrecked.co.uk

Drink Line

Drinkline 0800 917 8282

A confidential and free information line about alcohol.

when it comes to drugs, the best thing to take is our number.

national drugs help?line 0800 77 66 00

If you'd like more information about drugs or just a talk, give us a call free and in total confidence.